STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Social and Emotional Development

Community
Sackville, Dorchester, Port Elgin Area

Zone 1
Moncton and South-East Area

Province
New Brunswick

Mental fitness

Mental fitness encompasses the psychological needs for competence, autonomy, and relatedness.

Levels of mental fitness

	Community	Zone 1	Province
High level of mental fitness % | 2023-2024	20.4	27.1	24.6
Moderate level of mental fitness % | 2023-2024	54.4	54.4	55.8
Low level of mental fitness % | 2023-2024	25.2	18.4	19.6

Mental fitness needs

	Community	Zone 1	Province
Need for autonomy highly satisfied % | 2023-2024	63.9	70.2	67.9
Need for competence highly satisfied % | 2023-2024	75.4	78.4	77.6
Need for relatedness highly satisfied % | 2023-2024	78.4	84.6	83.1

Life domains of mental fitness
Students reporting "Really true for me."

	Community	Zone 1	Province
Needs highly satisfied by family % | 2023-2024	76.2	82.0	81.3
I feel free to express myself at home % | 2023-2024	49.8	56.8	56.0
I have a choice about when and how to do my household chores % | 2023-2024	30.0	37.4	36.2
I feel I do things well at home % | 2023-2024	40.7	46.0	45.8
I feel my parents think that I am good at things % | 2023-2024	54.0	58.2	59.0

	Community Sackville, Dorchester, Port Elgin Area	Zone 1 Moncton and South-East Area	Province New Brunswick
My parents like me and care about me % | 2023-2024	72.5	77.8	77.3
I like to spend time with my parents % | 2023-2024	45.6	58.9	57.6
Needs highly satisfied by friends % | 2023-2024	82.5	84.7	83.8
I feel free to express myself with my friends % | 2023-2024	51.0	56.0	54.3
I have a choice about which activities to do with my friends % | 2023-2024	42.1	48.4	46.6
I feel I do things well when I am with my friends % | 2023-2024	46.2	48.4	48.3
I feel my friends think I am good at things % | 2023-2024	42.3	45.7	43.7
My friends like me and care about me % | 2023-2024	56.0	55.0	54.3
I like to spend time with my friends % | 2023-2024	69.2	73.4	72.6
Needs highly satisfied by school % | 2023-2024	53.2	62.0	58.5
I feel free to express myself at school % | 2023-2024	20.9	26.9	24.8
I have a choice about when and how to do my schoolwork % | 2023-2024	29.0	36.3	34.0
I feel I do things well at school % | 2023-2024	28.5	37.8	36.2
I feel my teachers think I am good at things % | 2023-2024	26.4	33.9	31.8
My teachers like me and care about me % | 2023-2024	33.0	38.6	35.9
I like to be with my teachers % | 2023-2024	19.5	25.0	22.2

Social factors

Resilience

Resilience is a strength that will help youth bounce back from adversity, but it is not solely something residing inside the individual. Rather, it a socio-ecological model where individual strengths, along with one's caregivers and community, make it possible for a youth to find and access the right supports, programs and services for their needs. Below are students reporting "A lot."

	Community	Zone 1	Province
High and moderate levels of resilience % | 2023-2024	64.9	70.7	69.5
I am able to solve my problems % | 2023-2024	50.3	54.0	54.6

	Community Sackville, Dorchester, Port Elgin Area	Zone 1 Moncton and South-East Area	Province New Brunswick
I know where to go for help % | 2023-2024	27.6	27.7	27.1
Education is important to me % | 2023-2024	52.9	57.5	56.8
I try to finish what I start % | 2023-2024	35.1	40.2	40.7
I have people I look up to % | 2023-2024	41.4	45.9	46.0
My parents know a lot about me % | 2023-2024	45.5	51.3	51.0
My family stands by me % | 2023-2024	47.9	50.1	51.0
My friends stand by me % | 2023-2024	40.4	39.5	39.6
I have opportunities to develop skills % | 2023-2024	38.3	40.9	40.6
I am treated fairly in my community % | 2023-2024	32.5	35.5	34.9
I feel I belong at my school % | 2023-2024	24.3	26.8	26.3
I enjoy my traditions % | 2023-2024	49.2	54.5	53.3

Pro-social behaviours

Pro-social behaviours are actions intended to benefit others. Below are students reporting 4, 5 or 6 on a scale ranging from 1 to 6, where 1 is "Definitely not like me" and 6 is "Definitely like me."

High level of pro-social behaviour % | 2022-2023	81.7	83.9	83.1
I do favours for people % | 2022-2023	61.5	69.7	67.9
I lend things to people % | 2022-2023	52.9	57.2	56.1
I help people % | 2022-2023	72.9	74.1	72.5
I compliment people % | 2022-2023	68.3	68.5	67.7
I share things with people % | 2022-2023	62.7	64.7	62.9

Oppositional behaviours

Oppositional behaviours are disruptive actions that can be a nuisance to the individual or to others. Below are students reporting 3, 4, 5 or 6 on a scale ranging from 1 to 6, where 1 is "Definitely not like me" and 6 is "Definitely like me."

High level of oppositional behaviour % | 2022-2023	19.2	21.4	21.3
I cut classes or skip school % | 2022-2023	10.3	13.6	15.3

	Community Sackville, Dorchester, Port Elgin Area	Zone 1 Moncton and South-East Area	Province New Brunswick
I make other people do what I want % | 2022-2023	13.2	19.7	17.5
I disobey my parents % | 2022-2023	18.0	19.0	19.9
I talk back to my teachers % | 2022-2023	14.2	15.7	15.3
I get into fights % | 2022-2023	15.2	13.4	13.6
I often say mean things to people to get what I want % | 2022-2023	8.0	8.8	8.9
I take things that are not mine % | 2022-2023	9.0	8.0	7.7

Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

	Community	Zone 1	Province
Victim of bullying, last 2 months % | 2023-2024	53.3	46.7	48.2
Physical attacks % | 2023-2024	10.5	9.7	10.3
Verbal attacks % | 2023-2024	35.5	28.0	30.1
Cyber-attacks % | 2023-2024	13.3	12.9	14.2
Exclusion % | 2023-2024	26.2	24.7	25.8
Theft/vandalism % | 2023-2024	16.3	14.7	15.0
Comments on personal features % | 2023-2024	21.8	18.6	19.1
Sexual comments/gestures % | 2023-2024	21.7	17.4	18.3
Bullied another student, last 2 months % | 2023-2024	15.4	11.0	12.1

Responses when victim of bullying
Among students who have been bullied

	Community	Zone 1	Province
I ignored it % | 2023-2024	50.3	51.1	50.7
I stood up to the bully or fought back % | 2023-2024	26.9	26.0	26.4
I tried talking to the bully % | 2023-2024	6.9	8.3	8.4
I told an adult at the school about it % | 2023-2024	12.8	14.4	14.0
I told an another adult outside of school about it % | 2023-2024	19.3	19.4	19.7

	Community Sackville, Dorchester, Port Elgin Area	Zone 1 Moncton and South-East Area	Province New Brunswick
I told another student about it %	2023-2024	13.5	14.8	14.5
I called a helpline or other support service %	2023-2024	S	1.1	1.1

Responses when witness of bullying
Among students who saw or heard another student being bullied

I ignored it %	2023-2024	43.0	40.4	41.1
I stood up to the bully or fought back %	2023-2024	20.0	18.7	19.0
I tried talking to the bully %	2023-2024	10.1	12.5	12.4
I told an adult at the school about it %	2023-2024	17.6	17.8	17.4
I told another adult outside of school about it %	2023-2024	17.2	13.8	13.7
I told another student about it %	2023-2024	15.6	18.0	16.9
I tried to help the person being bullied %	2023-2024	20.3	23.5	22.8

Mental health

General mental health

Life satisfaction (scale from 0-10) Number	2023-2024	6.8	7.2	7.1
Perceived mental health, very good or excellent %	2023-2024	36.6	44.8	43.0

Mental health risk factors

Spends 3 hours or more per day on social media %	2023-2024	46.0	44.6	46.8
Lonely, most or all of the time %	2023-2024	24.9	22.3	23.4
Difficulty sleeping, most or all of the time %	2023-2024	65.4	59.9	60.9

Anxiety and depression

Symptoms of anxiety %	2023-2024	48.5	42.4	44.1
Symptoms of depression %	2023-2024	38.6	34.6	36.8
Symptoms of anxiety or depression %	2023-2024	53.8	47.6	49.5

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	Community Sackville, Dorchester, Port Elgin Area	**Zone 1** Moncton and South-East Area	**Province** New Brunswick
Resources			
Mental and emotional support			
Needed to see someone for a mental or emotional problem % | 2023-2024	34.5	32.7	33.1
Needed to see someone for a mental or emotional problem, but did not see someone % | 2023-2024	8.9	7.1	7.0
Reasons for not seeing someone			
I am waiting for my first appointment % | 2023-2024	S	9.8	9.1
I did not feel help was available % | 2023-2024	20.8	21.6	20.7
I thought the problem would go away on its own % | 2023-2024	42.2	37.8	36.3
I was told the wait time would be too long % | 2023-2024	S	6.0	5.8
I felt uncomfortable going for help % | 2023-2024	55.9	52.1	51.8
I did not know where to go to get help % | 2023-2024	18.5	22.2	23.3
Other % | 2023-2024	19.0	18.1	18.5
Awareness of resources			
Aware of the LINK Program % | 2023-2024	15.5	16.2	25.9
And has used it % | 2023-2024	1.1	1.5	1.9
But has not used it % | 2023-2024	14.4	14.8	24.0
Aware of Bridge the GAPP % | 2023-2024	16.8	11.1	15.1
And has used it % | 2023-2024	1.0	1.0	1.3
But has not used it % | 2023-2024	15.7	10.1	13.8
Aware of Kids Help Phone % | 2023-2024	64.3	49.0	54.5
And has used it % | 2023-2024	4.6	3.7	4.3

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But has not used it %	2023-2024	59.7	45.3	50.1

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About this Table

Content and description

This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding the social and emotional development of New Brunswick students in grades 6 to 12. Topics include mental fitness, social factors like resilience, pro-social behaviours, oppositional behaviours and bullying, mental health, and resources for mental and emotional health.

The questionnaire comprises modules, which means that certain questions are asked every other cycle.

Why it is important

Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

Availability of the data

The information in this data table is available by school district, school sector and overall New Brunswick,by the seven (7) New Brunswick health zones and 33 communities created by the NBHC, as well as by demographic groups. More information is available on our New Brunswick Student Wellness and Education Survey page.

Note about demographic groups:

In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

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Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

🏴 Above-average performance

🚩 Below-average performance